repeated as frequently as you like.
Press Button B (+START/STOP) to stop the timer.
Press Button D (SET/RESET) to clear the recorded time.

DOUBLE TIME MEASUREMENT:
Press Button B (+START/STOP) to start the measurements of two events simultaneously.
Press Button C (WALK/RUN – SPLIT) to measure the time of the first event. The flashing word SPLIT indicates that the measurement of the second event is functioning internally.
Press Button B(+START/STOP) to stop the measurement of the second event. The word SPLIT stops flashing.
Press Button C (WALK/RUN – SPLIT) to display the time of the second event.
Press Button D (SET/RESET) to clear the recorded time for both values.

PEDOMETER MODE:
The pedometer mode is symbolized by   . Your pedometer can be set to be used at either a walking or running pace and will cover the following:

1. Exercise Time (Up to 9 hours, 59 minutes and 59 seconds).
2. Number of Steps (Up to 99999 steps)
3. Distance Covered (Up to 999.00 miles or kilometers)
4. Speed updated every 6 seconds (to a maximum reading

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of 21.8 MIL/H or 34.56 KM/H
TO MEASURE STRIDE LENGTH:
You will need to input your stride length in order to get accurate readings of your walking and/or running progress. You can measure your stride length by doing the following:

Step Distance
Ideal Distance

1. Walk 10 steps.
2. Measure the distance that you've walked either from heel-to-heel or toe-to-toe.
3. Divide by the distance covered by the number of steps take to arrive at your Stride Length.
4. Example: measured distance covered 360 inches, number of steps taken was 10 so divide 360 by 10 to get 36. 36 inches is your stride length.

Important: Please remember that the length of your stride while walking is different than the length of your stride while running. You will need to measure your stride separately for both walking and running so that you can use your pedometer in the appropriate pace setting.

TO ENTER STRIDE LENGTH WHILE IN WALK SETTING
(Range is from 12 in 30 cm to 96 in/240cm with default

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values of 30 in/75cm):
1. Decide first whether you want your pedometer's Distance Mode to operate in Miles or Kilometers.
2. Determine if the Distance Mode is currently set to MIL or KM. If already set to your desired measurement, please skip to #4.
3. If you need to change from MIL to KM or vice versa while in Distance Mode press and hold Button D (SET/RESET) for about 5 seconds and you will see the display change.
4. Press Button A (ALT/ALARM) to get to Distance Mode (MIL or KM will show at the bottom of the display).
5. Press Button C (WALK/RUN–SPLIT) to go to the WALK pace.
6. Press Button D (SET/RESET)
7. Press Button B (+START/STOP) to enter your stride length. Each press of the button will increase the length by 1 inch or 1 centimeter depending on the measurement system you are using. If you hold Button B (+START/STOP), the numbers will advance continuously until you release it. Release it when the display reaches the stride length you want to set it to. The stride length will flash for a few seconds. When it stops flashing the stride length will be set in memory.
   Or pressing (ALT/ALARM) to back to Distance Mode
8. You can go back to the stride length default setting (30-in/75 cm in Walk Mode or 42-in/100cm in Run Mode) by pressing Button D (SET/RESET).

NOTE: The default settings are 30-in/75 cm. If you need to set your stride length lower than the default settings you will need to advance through the maximum setting (96 in/240 cm) until the pedometer registers the minimum settings of 12 in/30 cm and advance the stride length from their until you reach your desired setting.

TO ENTER STRIDE LENGTH IN RUN SETTING (Range is from 12 in 30 cm to 96 in/240cm with default values of 42-in/ 100cm): Follow instructions as above for setting your stride length in Walk Setting. The only difference will be in #5 you will press Button C (WALK/RUN – SPLIT) until RUN appears on the display.

TO START YOUR EXERCISE:
Press Button D (SET/RESET) for about 1 second. All exercise data readings will be reset to zero. When you begin exercising   will flash and the exercise data will show. When you press Button A (ALT/ALARM) you can see the step counter, distance traveled, speed and exercise time rotated on the display with each press.

HOW TO WEAR YOUR PEDOMETER:

1. Clip the unit to your belt or the top of your shorts or

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trousers as close to the crease line as possible.
2. The pedometer must always be in a horizontal position, parallel to the ground. Do not attach it at an angle or sideways as false readings will occur.

TO REPLACE BATTERY:
BATTERY REPLACEMENT
1. The battery hatch is on the front side of your pedometer. Open the battery door with a coin to access the battery.
2. Replace with type AG13, LR44 or equivalent battery when display dims.
3. When replacing battery door, be sure to place the longer tabs at the top into their respective compartment slots first in order to prevent breakage.
4. Reset the pedometer and re-enter the STRIDE length.

CAUTION – Battery Safety Information
• Non-rechargeable batteries are not to be recharged
• Rechargeable batteries must be removed before recharging
• Rechargeable batteries only to be recharged under adult supervision
• Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
• Do not mix old and new batteries
• Exhausted batteries to be removed
• Do not dispose of batteries in fire; batteries may explode or leak
• Do not dispose of product in fire; batteries may explode or leak

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REPLACEMENT
This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

For purchases made in the UK:
Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement: StarCase (UK) Ltd, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

SPORTLINE ®

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Walk-Run Pedometer

www.sportline.com

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IMPORTANT: READ THROUGH ALL INSTRUCTIONS BFORE BEGINNING TO USE YOUR PEDOMETER

**BEFORE USING YOUR PEDOMETER YOU WILL NEED TO DO THE FOLLOWING:**
1. Remove the battery insulator tab from the battery compartment to turn your pedometer on.
2. Remove the plastic static label from the display screen to read your display.

The display will show all segments for 2 seconds and all data is cleared. The unit will then enter into Clock Mode.

This is a multifunctional unit with several features to enhance your exercise program. Features are:

Counts Steps (counts from 0 to 99999)
Measures Distance in Miles or Kilometers (from 0.00 to 999.99)
Clock with Alarm (12 or 24 hour format)
Stopwatch with Split Time Function (times activity up to 9 hours 59 minutes and 59 Seconds)
Calculates Speed (Up to 1/1000 of a mile up to a maximum speed of 21.8 MIL/H or 34.56 KM/H per hour)

BUTTON FUNCTIONS:
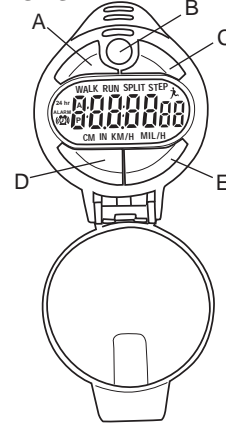
Button A- ALT-ALARM – This button is used to
• Turn clock alarm on and off
• Change modes from Step to Distance to Speed

Button B - + START/STOP -- You would use this button for the following:
• To adjust the minutes and hours when setting the clock in Clock Mode.

• To adjust the minutes and hours when setting the alarm time in Alarm Mode.
• To adjust your stride length while in Distance Mode

Button C – WALK/RUN – SPLIT – You would use this button to:
• Adjust your unit to a walking or running pace
• In stopwatch mode it enables you to split time an event

Button D – SET/RESET – This button serves several functions:
• Resets all data back to zero (except the Clock and Alarm Time)
• In Clock Mode enables you to set the time
• In Alarm Mode enables you to set the time
• Resets stride setting back to the default (30-in/75 cm for Walk mode or 42- in/100cm for Run mode)

Button E - MODE – SYSTEM – This button does the following:
• Switches time from 12 hour to 24 hour format and vice versa
• Advances you through Mode Selections from Clock, Alarm, Stopwatch and Step
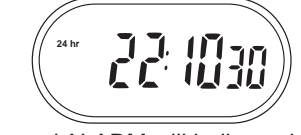

DISPLAY OPTIONS:
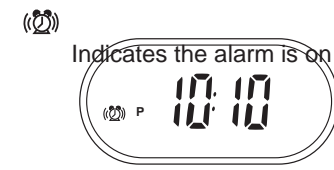WALK – STEP OR RUN – STEP: Counts steps whether walking for running

WALK   STEP
2735

CLOCK – 12 hour format will show A or P

P
10:10:30

24 hours format will show 24hr

24hr
22:10:30

The word ALARM will indicate the time the alarm is set to

ALARM
10:10

Indicates the alarm is on

P
10:10

Indicates you are in stop watch mode

0:00:00:00

SPLIT – If this appears at the top of the display while in stopwatch mode it indicates that you are using the split timing feature. If SPLIT is flashing, it is internally timing the split time.

0:00:00:00
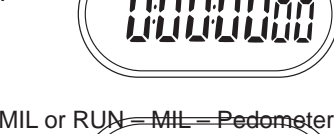
WALK – MIL or RUN – MIL – Pedometer is measuring distance in miles

WALK RUN
0:00:00:00
MIL

WALK – KM or RUN – KM – Pedometer is measuring distance in kilometers

WALK RUN
0:00:00:00
KM

WALK – MIL/H or RUN – MIL/H – Pedometer is calculating your speed in miles

WALK RUN
0:00:00:00
MIL/H

WALK – KM/H or RUN – KM/H – Pedometer is calculating your speed in kilometers

WALK RUN
0:00:00:00
KM/H

WALK
0:00:00:00 – Pedometer is recording your activity time

– Indicates that data is being recorded
CLOCK MODE:
This mode will be symbolized by A or P in 12 hour format or 24hr in 24 hour format.

SETTING TIME:
Press Button D (SET/RESET) for 2 seconds while in clock Mode and the minute digits will flash. The second digits clear to zero at the same time.
Press Button B (+START/STOP) to adjust the minutes
Press Button D (SET/RESET) and the hour digits flash
Press Button B (+START/STOP) to adjust the hours
To switch between the 12/24 hour system press Button E (MODE/SYSTEM)
Press Button D (SET/RESET) once more to end setting.

ALARM MODE:
The alarm mode is symbolized by the word ALARM to set it and the   when the alarm is in the On position. When the alarm time is reached it will beep for approximately 20 seconds.

SETTING ALARM TIME:
Press Button D (SET/RESET) for 2 seconds while in Alarm Mode and the minute digits will flash.
Press Button B (+START/STOP) to adjust minutes
Press Button D (SET/RESET) and the hour digits flash
Press Button B (+START/STOP) to adjust the hours

Press Button D (SET/RESET) once more to end setting.
TURNING THE ALARM ON/OFF:
Press Button A (ALT/ALARM) to turn the alarm on/off in all modes except the pedometer mode. A   appears when the alarm is on and there will be a 'beep' sound when pressing any key in every mode once the alarm was set

STOPWATCH MODE:
In this mode the unit can be used as a stopwatch. It can time up activity up to 9 hours, 59 minutes and 59 seconds up to one hundreth of a second.

NORMAL STOPWATCH TIME MODE:
Press Button B (+START/STOP) to start the stopwatch timer.
Press Button B (+START/STOP) again to stop the stopwatch timer.
Press Button D (SET/RESET) to clear the recorded time.

SPLIT TIME MEASUREMENT:
Press Button B (+START/STOP) to start the stopwatch timer.
Press Button C (WALK/RUN – SPLIT) to measure the split time. The flashing SPLIT indicates that the timer is working internally although the numbers may remain the same.
Press the C (WALK/RUN – SPLIT) key to release the split value. SPLIT disappears and the normal time measurement appears again. The split time measurement can be

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